

Week 1 Workout B

Perform three rounds of the following exercises:

- Inchworms - 10 reps
- Shoulder Protraction/Retraction - 10 reps
- Dead-Bugs - 5 reps each side
- Hand-Release Push-Ups - 15-20 reps
- Alternating Toe Touches - 10 reps each side
- Split Squats - 10 reps each leg
- Straight-Arm Planks - hold for 30-60 seconds
- Bicycle Crunches - 10 reps each direction